



GOD’S WORDS FOR TODAY (Mk. 1:29-39)

The Holy Gospel according to St. Mark

And immediately he left the synagogue, and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay sick with a fever, and immediately they told him of her. And he came and took her by the hand and lifted her up, and the fever left her; and she served them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered together about the door. And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. And Simon and those who were with him pursued him, and they found him and said to him, "Everyone is searching for you." And he said to them, "Let us go on to the next towns that I may preach there also; for that is why I came out." And he went throughout all Galilee, preaching in their synagogues and casting out demons.

Reflection:

Do you allow Jesus to be the Lord and healer in your personal life, family, and community? Approach the Lord with expectant faith. God's healing power restores us not only to health but to active service and care of others. There is no trouble he does not want to help us with and there is no bondage he can't set us free from. Do you take your troubles to him with expectant faith that he will help you?

Prayer:

Lord Jesus Christ, set me free to serve you joyfully and to love and serve others generously. Amen.

MISSION VISION

“Inspired by our faith in God, by our Catholic traditions and by the charism of St. John Baptist de La Salle educational innovator par excellence, we together and by association are committed to give quality human and Christian education to all building a society founded on equity and justice and on sustainable and inclusive development. .”

FROM THE OVCAR – OFFICE OF THE INTEGRATED SCHOOL PRINCIPAL:

1. On the Blessing of the *Calle Arzobispado*
 - 1.1 On January 17, 2018, His Excellency Most Rev. Gabriele Caccia, Apostolic Nuncio to the Philippines will come over to Lipa City to preside over the blessing of the *Calle Arzobispado*, formerly San Lorenzo Ruiz Road (the street along the side gate). This be followed by the unveiling of the street name marker placed at the DLSL perimeter fence. Hence, we will be calling off classes on that day.
 - 1.2 To represent DLSL on this event, we will require the attendance of the Asst. Principals and our SCB Officers from GS to Junior HS to be accompanied by their respective moderators. To commence the ceremony with a prayer service, all invited guests will be assembled at St. Francis de Sales Minor Seminary at 8:00AM. Blessing of the street will be at 9:00AM.
 - 1.3 The Asst. Principals and Homeroom Advisers are requested to inform the students and parents about the cancellation of classes due to this event.
2. IS Partners, LIDICSA will celebrate LIFT (LIDICSA Festival for Teachers) on Feb. 9, 2018 at Canossa Academy from 7:30AM to 12:00NN. Because we need to know the exact number of attendees for planning purposes, a sign-up list will be passed around to signify your attendance. Those who are not joining will be considered absent.
3. IS Partners (mostly from the Senior HS) who have not casted their vote for the Gala Uniform are requested to coordinate with Ms. Lorna Guavez, ISFSA President at loc. 261.

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Everyone is reminded that provisions on discipline in the student handbook are in full effect during INTRAMS week. Be Lasallians always in all ways.
2. Below is the schedule of special exams:

	Grades 1-3	Grades 4-6
Jan. 16	Reading, Math	English, Math
Jan. 18	Soc Stud, Filipino	Soc Stud, Filipino
Jan. 19	Language, Science	Science

Note: Examinees should proceed to BB 41 after the Homeroom period. Bring the exam permit.

3. Mission Collection: Commendation to the following classes for their generous donation to the Mission Collection:
 Grade 1: BG 112, BG 113



Grade 2: BG 1082
 Grade 3: BB 108, BB 208
 Grade 4: BB 209, BB 210, BB 311, BB 312
 Grade 5: BB 309

From the GS- CLCE Department

Let us thank the Lord for the classes and their advisers who continuously support the “Daily Meal with God” project (Daily Mass Participation).

May you continue to be good examples to other Christian Lasallians. God bless you!

Sponsors for today:

Grade 6	BB 402	Ms. Verna Cuevas
Grade 3	BB 205	Ms. Daycel Alon
Grade 5	BB 308	Ms. Maricel Comia
Grade 4	BB 209	Ms. Raquel Maralit

Sponsors for Thursday, January 11, 2018:

Grade 6	BB 404	Ms. Lorna Bagares
Grade 3	BB 208	Ms. Cristina Aguila
Grade 4	BB 211	Ms. Michelle Macaraeg
Grade 2	BB 104	Ms. Mona Liza de Villa

From the Grade School Mathematics Department

AMSLI – AMEP Closing Ceremony

Attention AMSLI Kids... Please be informed that we will have our closing ceremony on January 13, 2018 at De La Salle Lipa (BHV Gym) – 1:00 pm. Please wear school uniform on the said date. Thank you so much for all the support and cooperation. God bless us all!

Program includes:

1. Awarding of certificates to AMEP Trainees for successfully completing the training
2. Awarding of Certificates for Perfect Attendance
3. Recognition of AMEP who won in 2017 onsite international contests such as IRML, SIMOC, WMI, IJMO, WMTC, ASMO, ASMOPS, MIMO, IJSO
4. Awarding of medals to AMEP Achievers - approximately top 20% per grade level of each center
5. Awarding of medals/certificates to WMTC International Winners
6. Awarding of medals to Winners of Math Without Borders Round 1
7. Announcement of qualifiers for International Competition to SY 2018 -2019

From the Grade Moderators

1. Today is the third day of intramurals. Everyone is reminded of the proper behavior. Always remember to play fair and enjoy every game that you are playing.
2. Students are likewise reminded to **avoid playing with the cats** to avoid untoward incidents.
3. Be mindful of your dismissal time.

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

1. Second notice: Subject teachers are requested to double check the encoding of CAPSTONE scores. Please make sure that scores are properly encoded. Moreover, please let the students verify their scores in your class record so that we can avoid changing of grades due to wrong encoding / wrong entry of scores.
2. Today is Free Structured Wednesday. Make sure to accomplish all the tasks given to you by your teachers. You are also required to wear your type B uniform. You are also allowed to use this day for the practices for the cultural presentations.
3. We would like to invite our Junior High School Partners to become Spiritual Counselors / Shepherds to help our students who are in need of spiritual reformation. If you are interested, please enlist your name at the Office of the Assistant Principal for Administration.
4. Thanks to the following classes for their donation to the mission collection:
 Grade 7: LS105, LS106, LS205, LS207, LS208, LS307, LS405
 Grade 8: LS109, LS111, LS211, LS212, LS309, LS311, LS411

Grade 9: BM100, LS101, LS102, LS104, LS201, LS202, LS301, LS302, LS303, LS401, LS402
 Grade 10: BM202

Our congratulations to the following classes for their generous donation to the mission collection:

Grade 7: LS405 of Ms. Celestie Quinto Grade 9: LS401 of Ms. Sheila Marie Villena
 Grade 8: LS309 of Ms. Margie Laraya Grade 10: BM202 of Ms. Luisa Mayuga

From the JHS- CLCE Department

Let us thank the Lord for the classes and their advisers who religiously support the “Daily Meal with God” project, (Daily Mass Participation). May you continue to be living examples to other Christian Lasallians. God bless you!

Please be reminded of the proper behavior while attending the Holy Mass. Remember that Jesus is truly present in the Holy Eucharist so, savor the moment and focus on Him.

Sponsors for today:

6:30 a.m.

Grade 9	LS 303	Mr. Kevin Lorenz Dimaunahan
Grade 10	CMR 201	Mr. Fred Angeles

12:10 p.m.

Grade 7	LS 307	Ms. Maria Embelle Racal
Grade 8	LS 311	Mr. Michael Zara

Sponsors for Thursday, Jan. 11, 2018

6:30 a.m.

Grade 9	LS 304	Mr. Mark Christian Binuya
Grade 10	CMR 202	Ms. Noemi Dimaunahan

12:10 p.m.

Grade 7	LS 308	Ms. Diana Litan
Grade 8	LS 312	Ms. Maria Theresa Villaruel

Recollection Schedule:

Date	Grade & Section
January 11, 2018- Thursday	G7 LS 407
	G8 LS 311
	G9 LS 104
January 12, 2018- Friday	G7 LS 305
	G8 LS 110
	G9 LS 402
January 29, 2018- Monday	G7 LS 206
	G8 LS 209
	G9 BM 100
January 30, 2018 - Tuesday	G7 LS 306
	G8 LS 410
	G9 LS 401

Reminders for the recollection: Come in your type B uniform. Don’t forget to bring your snacks and the assigned materials.

From the Junior High School Math Department

PHILIPPINE MATH LEAGUE

We would like to congratulate our participants who joined the **Philippine Math League Middle School Competition** held in Makati Hope Christian School last January 6, 2018. Hats off to our Grade 8 Math Varsity members **Christian David Corto of LS 412** and **Gian Miguel Barte of LS 309** who were recognized 2nd and 3rd place, respectively. Kudos also to **Brian David Metrillo of LS 209** and **Bea Villaruz of LS 409** who also

participated actively on the said event. Our gratitude to their competent coach, Ms. Edith Africa and to their Math subject teachers for the untiring trainings, support and guidance to our Grade 8 mathletes. Animo La Salle!

MTAP SATURDAY TRAINING FOR TALENTED STUDENTS

Congratulations to all participants and special awardees in the *2017 MTAP Saturday Mathematics Program for Talented Students* held last November 2018 – January 6, 2018 in Lipa City National High School. Job well done, mathletes! To God be the Glory!

Grade 7

	Name	Section	Award
1	Ashley Julie Marie De Leon	LS 205	Top Scorer – Gold Medalist
			Best in Mental Computation
2	Francis Solatorio	LS 105	Most Promising Student

Grade 8

	Name	Section	Award
1	Gian Miguel Barte	LS 309	Top Scorer – Gold Medalist
2	Brian David Metrillo	LS 209	Most Promising Student

Grade 9

	Name	Section	Award
1	Angelo Vince Perez	LS 301	2 nd Top Scorer – Silver Medalist
2	Jeanette Ong	LS 102	3 rd Top Scorer – Bronze Medalist
3	Chzhean Klyde Espiritu	LS 302	Most Promising Student

Grade 10

	Name	Section	Award
1	Kiana Alecsandra Garing	CMR 205	Top Scorer – Gold Medalist
			Most Promising Student
2	Marc Christopher Ferrer	BM 202	2 nd Top Scorer – Silver Medalist
3	Angelina Precilla	BM 204	3 rd Top Scorer – Bronze Medalist

2017 AUSTRALIAN MATHEMATICS COMPETITION

Congratulations to the following Math varsity members who were recognized in the 2017 Australian Mathematics Competition, one of the world’s great Mathematics competitions:

CERTIFICATE OF DISTINCTION

- Christian David Corto** G8 LS 412 - (Junior Division)
- Angelo Vince Perez** G9 LS 301 (Intermediate Division)
- Kiana Alecsandra Garing** G10 CMR 205 (Intermediate Division)
- Marc Christopher Ferrer** G10 BM 202 (Intermediate Division)

CERTIFICATE OF CREDIT

- Grace dela Cruz** G7 LS 106 (Junior Division)
- Gian Miguel Barte** G8 LS 309 (Junior Division)
- Czhean Klyde Espiritu** G9 LS 302 (Intermediate Division)
- Ron Gian Aleksei Catibog** G10 CMR 205 (Intermediate Division)
- Trisha Angeli Cepillo** G10 BM 201 (Intermediate Division)
- Veronica Ocampo** G10 BM 206 (Intermediate Division)

CERTIFICATE OF PROFICIENCY

Andrea Margaret Perez G7 LS 107 (Junior Division)

Michael Luigi Sarabia G7 LS 407 (Junior Division)

From the JHS MAPEH Department

1. Grades 7-10 sports moderators will have a meeting today, January 10, 2018 at the BHV gym after the bulletin reading. Attendance is a MUST!
2. The following students will have a meeting with Ms. Angelie Rose Bautista at 10:00 am today, January 10, 2018 at the BHV gym. Please be prompt. Attendance is a must! Thank you!
 - LS 205 – Nario, John Ernest
 - LS 206 – Umali, Samanta
 - LS 208 – Lagumbay, Ellyand Jann
 - LS 307 – Catapang Abigail
 - LS 110 – Favorada, Aerely Sofia, Malibiran, Gwen Michaela, Manalo, Krhis Angelique, Mital, Kyla, Querubin, Gianine, Ruiz, Arian, Tolentino, Vian Coleen, Villarama, Gelyannah
 - LS 111 – Ditan, Kim D, Magsino, Donnabel M., Malaluan, Airazelle Sheerie M., Olaes, Mary Noelle S.
 - LS 209 - Manansala, Althea Marie Francesca A., Mangahas, Ysabelle A.
 - LS 309 – Comia, Ynneth Claudine B.
 - LS 312 – Bondad, Daniela Franchesca, Diaz, Shanlane Allyza A.
 - LS 409 - Angeles, Ma. Kristina Cassandra P., Austria, Lois Agatha Marie R., Cerbolles, Patricia Guillana
 - LS 411 – Acusa, Maicah Celena M., Cuevas, Andrea Joice L.
 - LS 301 – Miranda, Dominic Ephraim S.
 - LS 401 – Magcawas, Christian Nazarene D., Cadano, Ma. Erisse Nicole B.
 - LS 101 – Kalaw, Carol Jeanette B.
 - LS 104 – Mercado, Anthony Adrian
 - CMR 204 – Sulit, Dana Mae
 - CMR 206 – Dimayuga, Maria Katrina, Guerrero, Daryelle Naomi,
 - BM 105 - Dimaano, Gerard
 - BM 202 – Lucero, James Harvey
 - BM 203 – Pernia, Patricia Maxime R., Magpantay, Diana Lyn M.
- 3.

**INTRAMURALS 2017-2018
SUMMARY OF SCHEDULE**

GRADE 9 & GRADE 10

DATE	TIME	PARTICIPANTS	ACTIVITIES	VENUE	PERSON/S IN CHARGE
JANUARY 15, 2018	7: 40 - 12:00	GRADE 9 & 10	OPENING CEREMONY	SENTRUM	MAPEH TEACHERS
			FUN GAMES		
	1:00-4:00	GRADE 9 & 10	OBSTACLE COURSE	OVAL	MAPEH TEACHERS
			MIXED BADMINTON	BHY GYM	MR. ROD ANTHONY BALDOVINO
JANUARY 16, 2018	7: 40 - 12:00	GRADE 9	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN
					MS. JENNY RONNA DIMACULANGAN
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES

	1:00-4:00				MS. EDNA SERRANO
		GRADE 10	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN
					MR. JAKE BIGCAS
			DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN
					MS. ANNALYN LACERNA
JANUARY 17, 2018	8:00-9:30	GRADE 9	VOCAL SOLO	SENTRUM	MAPEH TEACHERS
	10:00-12:00	GRADE 10	LIP SYNCH		
	1:00-2:30	GRADE 10	VOCAL SOLO		
	3:00-4:30	GRADE 9	LIP SYNCH		
JANUARY 18, 2018	7:40-12:00	GRADE 9	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN
	1:00-4:00				MR. JAKE BIGCAS
			DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN
					MS. ANNALYN LACERNA
	7:40-12:00	GRADE 10	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN
	1:00-4:00				MS. JENNY RONNA DIMACULANGAN
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES
					MS. EDNA SERRANO
JANUARY 19, 2018	7:40-12:00	GRADE 9 & 10	CONTINUATION OF GAMES		
			TUG O' WAR	OVAL	MAPEH TEACHERS
	1:00-4:00		CLOSING CEREMONY	SENTRUM	

**INTRAMURALS 2017-2018
SUMMARY OF SCHEDULE**

GRADE 7 & GRADE 8

DATE	TIME	PARTICIPANTS	ACTIVITIES	VENUE	PERSON/S IN CHARGE
JANUARY 22, 2018	8:00 - 12:00	GRADE 7 & 8	OPENING CEREMONY	SENTRUM	MAPEH TEACHERS
			FUN GAMES		
	1:00-4:00	Grade 7 & 8	OBSTACLE COURSE	OVAL	MAPEH TEACHERS
			MIXED	BHY GYM	MR. ROD ANTHONY

			BADMINTON		BALDOVINO
	7: 40 - 12:00	GRADE 7	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN MS. JENNY RONNA DIMACULANGAN
JANUARY 23, 2018					
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES MS. EDNA SERRANO
	1:00-4:00				
		GRADE 8	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN MR. JAKE BIGCAS
			DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN MS. ANNALYN LACERNA
	8:00-9:30	GRADE 7	VOCAL SOLO	SENTRUM	MAPEH TEACHERS
JANUARY 24, 2018	10:00- 12:00	GRADE 8	LIP SYNCH		
	1:00-2:30	GRADE 8	VOCAL SOLO		
	3:00-4:30	GRADE 7	LIP SYNCH		
	7:40-12:00	GRADE 7	VOLLEYBALL	VOLLEYBALL COURT	MR. CRISTOPHER ESCARTIN MR. JAKE BIGCAS
JANUARY 25, 2018	1:00-4:00				
			DODGEBALL	SENTRUM	MS. MIRRIAM MERLIN MS. ANNALYN LACERNA
	7:40-12:00	GRADE 8	PATINTERO	BHV GYM	MS. CARYL AISSA MARANAN MS. JENNY RONNA DIMACULANGAN
	1:00-4:00				
			BASKETBALL	CENTEN A/B	MR. NELSON GONZALES MS. EDNA SERRANO
	7:40-12:00	GRADE 7&8	CONTINUATION OF GAMES		
JANUARY 26, 2018			TUG O' WAR	OVAL	MAPEH TEACHERS
	1:00-4:00		CLOSING CEREMONY	SENTRUM	

From the Grade Moderators
For Grade 8

Commendation to the young gentlemen of the following classes for sporting the prescribed haircut last inspection day:

LS112 – Ms. Ruby May De Castro
 LS209 – Ms. Joy Ann Dimaculangan
 LS211 – Ms. Golda Obeña
 LS212 – Mr. Jake Bigcas
 LS309 – Ms. Margie Laraya
 LS310 – Ms. Adora Fermin

LS311 – Mr. Michael Zara
 LS312 – Ms. Maria Teresa Villaruel
 LS409 – Ms. Anna Doreen Morillo
 LS410 – Mr. Bryan Lord Taningco
 LS411 – Ms. Fatima Rivera

For Grade 10:

BM 105 of Ms. Edna Serrano
 CMR 204 Of Mr. Aldwin Baldovino

FROM THE OVCAR – GUIDANCE OFFICE:

1. For G10 Advisers and Students:

- a. Those who would like to apply for STEM but failed to reach the cut-off score are reminded to tell their parents to write a letter address to Mr. Randolph Renegado requesting to take the qualifying exam for STEM. Thank you.
- b. STEM applicants are reminded that you should reserve **on or before January 31, 2018. No more extension** will be given to those who will fail to reserve on the given dates. **Please bring also your NCAE results for Admissions' reference.** Thank you.
- c. The following students are requested to get their NCAE results from Guidance Office:
 1. Arellano, Jose Mari C.
 2. Bauan, Kyla Louise A.
 3. Cavero, Francesca Louise P
 4. Cruz, Tom Stephen H.
 5. Directo, Cherlie R.
 6. Dimayuga, Raphael M.
 7. Llanes, Ma. Vettina A.
 8. Reyes, Mickaela Gabriell M.

2. **For Grade 12 DLSU manual applicants:** If you have questions regarding your lacking documents, please send an email to admission.requirements@dlsu.edu.ph DLSU will take 3-5 days to respond. However, if you already know what documents you lack, please scan these documents and send to the same email add: admission.requirements@dlsu.edu.ph. Just indicate your application number, complete name and what these documents are. Application number is found in the test permit given to you during the exam. Thank you. **DLSU Requirements:** NSO/PSA birth certificate, Secondary School Records

3. Looking Ahead:

January 15	SDO Activity for G8
January 15-19	HSPQ Administration
January 17, 24, 31	SHS Career Talk
January 19	Structured Homeroom G4 & G5
January 19	G6 Talk on Sexuality Issues
January 22	Structured Homeroom G10
January 22-26	CPQ Administration G5
January 26	SDO Activity for G6
January 29	Talk on Drug Awareness G7–G9
January 30	PACT-POIS Administration G8

FROM THE OVCAR – STUDENTS ACTIVITIES OFFICE:

1. **On Club Grade.** We remind our Club Moderators that the deadline of submission of Club Grade was December 13, 2017. Once again, we call the attention of those Club Moderators who have not yet submitted their club grades to please do so until this week, Please submit the club grade to dslissao@gmail.com following this format:

**FOURTH QUARTER CLUB GRADE
S.Y. 2017 – 2018**

Name	Grade and Section	Club Grade	Club
Extra, Jocell M.	G7 - LS101	5	YFC
Mantupar, Mac Kevin	G7 - LS101	5	YFC

Please be reminded of the following:

1. Family name followed by a comma then First Name of the Child.
 2. For Grade and Section, start with G7 (or the level of the student) followed by a space then hyphen space and then section. This is very important in sorting the section of the students.
 3. The sorted Club Grade shall then be forwarded to the Grade Moderator.
 4. For other concerns, please get in touch with the SAO and look for Mrs. Melissa Ishikawa.
2. **On JHS Club Meeting.** Please be informed that there will be Club Meeting in JHS this Friday. This is our first meeting this 3rd Quarter. Thank you.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Retreat

January 11-12, 2018 - G10 BM201

January 22-23, 2018 - G10 BM204

January 29-30, 2018 - G10 BM205

FROM THE OVCAD – INSTITUTIONAL HEALTH SERVICES:

Medical and Dental Check-up

Date	Time	Medical	Dental
January 10, 2018	09:00 am - 10:00 am	-----	9 LS 102
	09:40 am - 10:40am	9 LS 403	-----
	10:00 am- 11:00 am	-----	7 LS 408
	10:00 am - 11:00 am	8 LS 111	-----
January 11, 2018	09:40 am - 10:40 am	9 LS 104	-----
	01:00 pm - 02:00 pm	-----	8 LS 110
January 12, 2018	09:40 am - 10:40 am	9 LS 301	-----
	10:00 am - 11:00 am	-----	8 LS 212

10 Benefits of Physical Activity

By Karin A. Bilich

When many people decide to "get fit," they assume it involves rigorous activity. But you don't have to spend hours in a gym to be physically active. People can get in shape by performing everyday activities in the home. Every time you and your child throw a softball, swim a lap, climb a flight of stairs, walk to the store, or carry packages, your health and fitness levels are improving.

When someone is physically fit, she feels and looks better, and she stays healthier. The earlier a child starts getting in shape, the more she'll reduce her risk of numerous illnesses. Here are some of the benefits that physical activity offers your child:

- 1. It strengthens the heart.** The heart is a muscle. Like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient. Strengthening the heart muscle can help ward off heart disease -- the leading cause of death in the United States, according to the U.S. Department of Health and Human Services -- even in early childhood.
- 2. It helps keep arteries and veins clear.** Exercise reduces the amount of harmful cholesterol and fats in a person's blood. It increases the flexibility of the walls of blood vessels, and helps to lower blood pressure. This can reduce a person's risk for heart attack and stroke.
- 3. It strengthens the lungs.** Working hard increases lung capacity, and their efficiency in moving air in and out of the body. As a result, more oxygen is drawn into the body and more carbon dioxide and other waste gases are expelled. Regular exercise helps prevent the decline in oxygen intake that occurs naturally with age or as a result of inactivity.
- 4. It reduces blood sugar levels.** Exercise prevents sugar from accumulating in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy. This can reduce a person's risk of developing diabetes.
- 5. It controls weight.** When a person is sedentary, he tends to be taking in more calories than are needed. These unused calories accumulate as fat. A person who is physically active may have a deficit of calories, which takes fat away and lowers weight. Lowered weight is good for the heart and can be beneficial in people with diabetes.
- 6. It strengthens bones.** Just as muscles grow stronger when physically stressed, bones also respond by getting stronger. Exercise increases bone density, which helps prevent osteoporosis, a condition in which bones lose density, weaken, and become porous and fragile.
- 7. It helps prevent cancer.** People who exercise regularly have lower incidences of cancer. The cancers most affected include colon, prostate, uterine, and breast cancers.
- 8. It regulates blood pressure.** Exercise has been shown to reduce stress levels. As the levels of stress in a person's body subsides, his blood pressure and his risk for heart disease decline.
- 9. It improves energy levels.** Regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day.

10. It enhances emotional well-being. Most people report that they feel calm and have a sense of well-being after they exercise. Exercise, according to one theory, releases beta-endorphin, a natural substance in the body that is hundreds of times more potent than morphine. Another theory points to serotonin as the cause of the exercise high. Increased levels of serotonin in the central nervous system are associated with feelings of well-being, heightening of appetite, and lessening of mental depression. The weight loss that

Source: <http://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>